



Profile

Ingeborg Vriend is the owner of Women's psychological & services Pty. Ltd.- The Women's Psychological & Services has two specific areas that will help individuals improve their lives. The psychological service helps the client manage their emotions and the life coaching service help guides individuals, entrepreneurs, small business owners and other professionals to success on their own terms, doing what they love. Ingeborg also works with women in relationship, career and life transition who are ready to discover what they really want.

After 12 years struggling to create her own work/life balance in the corporate and non-profit worlds, she is passionate about helping women actively choose how they want to spend their time.

Ingeborg's clients report that they are better able to effect change and accomplish goals. In addition, her clients enjoy increased self-esteem, improved communication skills, enhanced relationships, better work/life balance and less stress.

Ingeborg completed her masters in psychology at the University of Queensland and is currently completing her doctorate in Clinical and Neuro-clinical Psychology. She is a member of the Australian psychological Society and registered with the Psychology Board.

She graduated her Honors in Psychology from the University of Queensland with a bachelor's of honors degree in psychology in 19..., and completed her Behavioural Social Science degree at Queensland University of Technology in Brisbane - 19.... In addition, she is about to complete her psychological supervision training and receive her accreditation in July 2009, which will allow her to supervise other Clinical psychologist to obtain their full psychological registration.

Ingeborg has lived in Indonesia, Netherlands and Australia and is multilingual (speaks Indonesian, Dutch and German fluently). She currently resides in Brisbane with her daughter. In her free time, Ingeborg practices yoga, meditation, and is actively involved in christian philosophy.

About Ingeborg

Ingeborg Vriend is a Clinical Psychologist and a Professional Life Coach who helps high achieving working mothers manage fear, doubt and worry around the impact of this recession and on their families. A working single mother herself, Ingeborg spent years in various jobs, careers and educational training pursuits before pursuing her dreams and is passionate about helping women actively chose how they want to spend their time and energy.

Who can benefit from life coaching?

Are you a small business owner, entrepreneur or other professional who wants to discover and follow your true passion? Develop better self-confidence and communication skills? Create work-life balance and leave the office an hour early?

Are you a single woman who wants to attract a fun, supportive and loving relationship?

Are you a working mother who wants to manage your guilt and stress levels so you can enjoy more balance between kids, career, marriage and personal time?

Are you an empty-nester, divorcée or retiree who wants to re-focus your energy on yourself? Explore and discover new possibilities?

Does this sound like you?

If you answered "yes" to any of these questions, personal life coaching could be exactly what you've been looking for. Check out my website to discover how coaching could benefit you.

What is a life and business coach?

As a life and business coach, I empower you to set goals and establish accountability for personal and business success. I guide you as you articulate your aspirations, clarify the choices before you and create action plans to achieve your goals. You set the agenda, and I serve as an objective sounding board to help keep you focused and on track. I help you break through old barriers and develop new practices so you can reach your desired goals.

How does coaching differ from therapy and consulting?

Although coaching and therapy can complement each other, coaching is not therapy. Through coaching you develop strategic actions to help you move forward. Coaching does not attempt to explain behaviors, delve into your past, or identify pathology. In contrast, coaching helps you stay in the now and the future. However, if you started out using a coach and Ingeborg noted that you needed therapy, she would highlight this to you and suggest that you switch mode for a while until those issues from the past and maybe some of your negative or strong emotions were addressed. This would be achieved by clear boundaries and a halt on the coaching would be made in a contract for between Ingeborg and yourself, so both know what will and won't be done in either coaching or therapy.

In contrast to consulting, as a coach, I do not give you advice. Instead, I ask powerful questions to draw out the answers that are inherent in you.

Who Comes to Coaching?

My clients come to coaching because they want to change something in their lives or business and they want help along the way. By hiring me as their coach, they are committed to living their lives to the fullest.

What Happens in Coaching?

Before you can go anywhere, you have to know where you are starting. I will send you forms to help you clarify and help me understand what you want and need out of coaching.

Following this, we will start our regular sessions (one to four sessions/month) where I will ask you questions and lead you through exercises related to your goals. By the end of each session, we will develop a homework assignment to give you a clear sense of what to focus on in preparation for our next session. I'm also available for email check-ins in between sessions. If you truly commit to the process, you will find that the real benefits of coaching show up between the sessions.

What is Your Coaching Style?

As a coach, it is my mission to create a safe and respectful environment in which my clients feel both supported and challenged as they work towards their goals. My coaching style has been described as warm, direct, and fun. I push my clients out of their comfort zones but not beyond their limits. I am there to celebrate their successes and to support them when they stumble. I also love to laugh and believe that humor is necessary on the road to success.

What Can I Expect From Coaching?

Although the coaching experience is different for everyone, my clients report common outcomes. As a result of coaching, my clients report that they are better able to effect change and accomplish goals. In addition, my clients enjoy increased self-esteem, improved communication skills, enhanced relationships, better work/life balance and less stress. They are better able to make decisions and navigate the daily demands of their jobs and home lives. They have a clearer sense of what is important to them and how they want to live their lives. They feel better physically, more connected spiritually, and are finally moving forward towards definitive goals.

What are your Coaching Fees?

Coaching services can be customized to best support your needs, and the cost varies directly with the amount of time you request.

One-on-one coaching services start from as little as \$400 for a set of 3 phone sessions and \$600 for a set of 3 in-person sessions. These packages last the average person 4 to 6 weeks. (I also offer group programs that greatly reduce the monthly costs of working with me. Please see below for upcoming group programs.)

I don't coach with a stop watch. Unlike most coaches, I do not book clients back-to-back, so I don't have to end a coaching call until we are truly finished discussing what is important to you.

I am so confident that you will find value in the coaching. All my clients make a written commitment in a form of a contract with me, for at least 3 months of coaching. Most clients choose to continue in their coaching relationship for between 8 months to 2 years, simply because of the benefits they realize in their lives.

If you work for a company or organization, you may want to check if they reimburse you for life coaching and if you work for yourself, check with the taxation department if life coaching is deductible.

Group Coaching Programs:

- Mums on tightrope - a Balancing Group coaching program: group coaching for moms includes two group meetings and one 1:1 call/month for \$270 + GST month.

What Are the Benefits of Phone Coaching?

Coaching over the phone allows you to open up more fully and provides you with flexibility in your environment. Instead of worrying about what you may look like when you get emotional, you are in the privacy of your own home so you can really focus on the work at hand. Or you may prefer to bring your cell phone to your favorite location where you feel most relaxed, creative or energized. Again, coaching is all about you – so you get to decide. Coaching over the phone also allows you to work with me regardless of the country, city or state in which you live.

What About Confidentiality?

Everything we talk about is 100% confidential and unless you tell someone that we are working together (or give me your express permission to do so) no one will know that we have spoken.

The Working Mums on Tightropes' - a Balancing Program©

The Working Mums' on Tightropes' - a Balancing Program has one goal to -

Make a breakthrough and finally manage your guilt and stress levels so you can enjoy time with family and be more productive at work.

Problem: As a working mother, you're struggling to juggle kids, career, marriage, and personal time and it feels like something always has to give. Running from commitment to commitment and lack of sleep is taking a toll on your personal time, health and well-being. You feel guilty when you leave your kids to go to work and guilty when you leave work early to pick your kids. You're left feeling stressed and exhausted.

The Affordable Solution: Take a group of motivated working mothers, bring them together, provide them with all the knowledge, support, accountability, inspiration and personal attention required to help them create balance in their lives.

You Will Learn How To:

- Adopt practical tools to manage your guilt and stress
- Create your vision for the future
- Determine your values and priorities
- Create and commit to an action plan

Limited to 15 participants total